THE RECOVERY KERNEL

SUIVI DES PROGRÈS · ARC DE RÉTABLISSEMENT DE 12 MOIS

Ressource de Réduction des Risques — Pas un Avis Médical · Crise : 3114 — Numéro national de prévention du suicide

Votre Kernel Code : _____ ☐ **Estimé** ☐ **Confirmé**
Votre profil : _____
Date de début : _____
Utiliser ce suivi n'est pas une question de perfection. Il s'agit de signal — de voir la direction dans laquelle votre système évolue, même si cela est lent. Un seul point de données vous indique où vous êtes. Une semaine de points de données vous indique dans quelle direction vous vous dirigez. La direction est plus importante que n'importe quel jour unique.

Comment marquer

Mesurer	1 =	5 =	10 =
Humeur	Le fond du gouffre	Gérable	Solide, stable
Énergie	Je ne peux pas me lever	Passer à travers	Prêt et complet
Qualité du sommeil	Terrible, pas de repos	Un peu de repos	Profond, réparateur
Anxiété (plus bas=mieux)	Submergeant	Présent mais gérable	Rarement présent
Intensité du craving (plus bas = mieux)	Constant, consommant	Visible	Minimal ou absent
Clarté mentale	Brouillard total	Une fonction	Nett, clair

MOIS 1 — Fondements biologiques

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
Semaine 1	Since the source is empty, the output must be empty.	6. **Final Output Generation:** (Empty string).	5. **Final Output Generation:** (Empty output).	Thinking Process:	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding	5. **Conclusion:** The output must be nothing.	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.

					content or commentary.		
S2	5. **Final Output Generation:** Empty string.	5. **Conclusion:** The output must be blank.	5. **Final Output Generation:** (Empty string).	5. **Conclusion:** The output must be blank.	5. **Final Output Generation:** (Empty string).	Thinking Process:	5. **Final Output Generation:** (Empty string).
S3	Since the source is empty, the output must also be empty.	5. **Conclusion:** The output must be blank.	5. **Conclusion:** The output must be blank.	5. **Final Output Generation:** (Empty string/blank line).	5. **Conclusion:** The output must be blank.	Thinking Process:	The user provided an empty input. I must output nothing or handle it according to the rules. Since the rules dictate translating content and preserving structure, and there is no content, I will output nothing.
S4	Thinking Process:	Thinking Process:	The user has provided an empty input. I must follow all the rules, but since there is no source content, I cannot generate a translation. I will output nothing, as per the instruction to output ONLY the translated text, and there is no text to translate.	Thinking Process:	Thinking Process:	5. **Final Output Generation:** (Empty string/blank line).	Since the input is empty, the output must be empty.

Adhésion aux suppléments du mois 1 : Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Mois 1 Séances d'exercice complétées : _____ Sommeil moyen : _____ heures Maladie ou facteurs de stress importants : _____

Mois 1 Plus grande victoire ce mois-ci :

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MOIS 2 — Fondations biologiques

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
Semaine 5	6. **Final Output Generation:** (Empty string).	5. **Conclusion:** The output must be blank.	Thinking Process:	5. **Final Output Generation:** (Empty string).	Thinking Process:	Thinking Process:	Thinking Process:
S6	Thinking Process:	5. **Final Output Generation:** (Empty string).	Thinking Process:	The user provided an empty input. I must output nothing or handle it according to the rules. Since the rules dictate translating content and preserving structure, and there is no content, I will output nothing.	Thinking Process:	The user has provided an empty input. I must follow the instructions, which dictate that I should output ONLY the translated text and preserve all structure. Since there is no source content, the output must be empty.	5. **Conclusion:** The output must be blank.
S7	5. **Conclusion:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.	5. **Final Output Generation:** (Empty string).	Thinking Process:	5. **Final Output Generation:** Output nothing.	5. **Conclusion:** The output must be blank.	5. **Conclusion:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.	5. **Conclusion:** The output must be blank.
S8	5. **Conclusion:** Since there is no content to translate or process,	Thinking Process:	5. **Final Output Generation:** (Empty string).	5. **Conclusion:** Since the input is empty, the output must also	Since the source is empty, the output must also be empty.	5. **Conclusion:** The output must be nothing.	Thinking Process:

	the output must be empty.			be empty to comply with the rule of not adding content or commentary.			

Adhésion aux suppléments du mois 2 : Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Autre _____

Mois 2 Séances d'exercice complétées : _____ Moyenne de sommeil : _____ heures Maladie ou facteurs de stress importants : _____

Mois 2 Plus grande victoire de ce mois :

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MOIS 3 — Fondement biologique

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
S 9	5. **Final Output Generation:** Output an empty string, maintaining the structure of the input.	Thinking Process:	5. **Final Output Generation:** (Empty string).	5. **Conclusion:** The output must be nothing.	The user provided an empty input. I must output nothing or handle it according to the rules. Since the rules dictate translating content and preserving structure, and there is no content, I will output nothing.	5. **Final Output Generation:** (Empty string).	Thinking Process:
Semaine 10	5. **Final Output Generation:** (Empty output)	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.	Thinking Process:	5. **Conclusion:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.	5. **Conclusion:** The output must be blank.	5. **Conclusion:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.	5. **Final Output Generation:** (Empty string).
Semaine 11	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.	5. **Final Output Generation:** (Empty string/blank line).	5. **Conclusion:** The output must be blank.	Thinking Process:	The user provided an empty input. I must output nothing or handle it according to the rules. Since the rules dictate translating content	5. **Final Output Generation:** (Empty string/blank line).

						and preserving structure, and there is no content, I will output nothing.	
Semaine 12	Thinking Process:	5. **Conclusion:** The output must be nothing.	5. **Final Output Generation:** Output an empty string, maintaining the structure of the input.	Thinking Process:	5. **Conclusion:** The output must be nothing.	5. **Conclusion:** The output must be nothing.	Thinking Process:

Adhésion aux suppléments du mois 3 : Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Autre _____

Mois 3 Séances d'exercice complétées : _____ Sommeil moyen : _____ heures Maladie ou facteurs de stress importants : _____

Mois 3 Plus grande victoire ce mois-ci :

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MOIS 4 — Sevrage + Soutien neurochimique

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
Semaine 13	5. **Conclusion:** The output must be blank.	Thinking Process:	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.	5. **Final Output Generation:** (Empty string/blank line).	6. **Final Output Generation:** (Empty string).	Thinking Process:	5. **Conclusion:** The output must be blank.
Semaine 14	5. **Final Output Generation:** Output an empty string, adhering to the structure preservation rule.	5. **Final Output Generation:** (Empty string).	Since the source is empty, the output must also be empty.	5. **Final Output Generation:** (Empty string)	5. **Final Output Generation:** (Empty string)	The user provided an empty input. I must output nothing or handle it according to the rules. Since the rules dictate translating content and preserving structure, and there is no content, I will output nothing.	5. **Conclusion:** The output must be blank.
Semaine 15	5. **Final Output Generation:** (Empty string).	Thinking Process:	5. **Conclusion:** The output must be blank.	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.	5. **Final Output Generation:** (Empty string).	The user provided an empty input. I must output nothing or handle it according to the rules. Since the rules dictate translating content	5. **Final Output Generation:** (Empty string).

						and preserving structure, and there is no content, I will output nothing.	
Semaine 16	The user provided an empty input. I must output nothing, as per the instructions to translate content, and there is no content to translate.	Thinking Process:	5. **Conclusion:** The output must be blank.	5. **Final Output Generation:** (Empty string).	5. **Final Output Generation:** (Empty string).	Thinking Process:	Thinking Process:

Adhésion aux suppléments du mois 4 :
Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Autre _____
Mois 4 Séances d'exercice complétées : _____ Sommeil moyen : _____ heures Maladie ou facteurs de stress importants : _____
Mois 4 Plus grande victoire de ce mois :
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MOIS 5 — Sevrage + Soutien neurochimique

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
Semaine 17	5. **Final Output Generation:** (Empty string).	The user has provided an empty input. I must follow all the rules, but since there is no source content, I cannot generate a translation. I will output nothing, as per the instruction to output ONLY the translated text, and there is no text to translate.	5. **Final Output Generation:** Output an empty string, maintaining the structure of the input.	Thinking Process:	5. **Final Output Generation:** Output an empty string, adhering to the structure preservation rule.	5. **Conclusion:** The output must be nothing.	5. **Conclusion:** The correct output is nothing.
Semaine 18	Thinking Process:	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or changing the structure.	Thinking Process:	Thinking Process:	5. **Final Output Generation:** (Empty string)	5. **Final Output Generation:** (Empty string).	5. **Final Output Generation:** (Empty string).
Semaine 19	Thinking Process:	Thinking Process:	Thinking Process:	5. **Conclusion:** The output must be blank.	5. **Conclusion:** The output must be blank.	Thinking Process:	5. **Conclusion:** The correct output is nothing.
Sem. 20	5. **Final Output Generation:** (Empty	5. **Final Output Generation:** (Empty	5. **Final Output Generation:** (Empty	5. **Conclusion:** The output must be	5. **Conclusion:** The output must be	Since the source is empty, the output must also	5. **Conclusion:** Since the source content is empty, the output must also be empty to

	string).	string).	string).	nothing.	blank.	be empty.	adhere to the rule of not adding content.

Adhésion aux suppléments du mois 5 : Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Autre _____

Mois 5 Séances d'exercice complétées : _____ Sommeil moyen : _____ heures Maladie ou facteurs de stress importants : _____

Mois 5 Plus grande victoire ce mois-ci :

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MOIS 6 — Diminution progressive + Soutien neurochimique

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
Semaine 21	5. **Final Output Generation:** (Empty string/blank line).	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.	Since the source is empty, the output must also be empty.	Since the source is empty, the translation is empty.	Thinking Process:	6. **Final Output Generation:** (Empty string).	Thinking Process:
Semaine 22	Thinking Process:	5. **Final Output Generation:** (Empty string/blank line).	Thinking Process:	5. **Final Output Generation:** (Empty string).	Since the source is empty, the output must also be empty.	Thinking Process:	5. **Conclusion:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.
Sem. 23	Thinking Process:	5. **Conclusion:** The output must be blank.	The user provided an empty input. I must output nothing or handle it according to the general rules. Since there is no content to translate, and I cannot add content, I will output nothing.	Since the source is empty, the output must be empty.	5. **Final Output Generation:** (Empty string).	5. **Conclusion:** The output must be blank.	5. **Conclusion:** The output must be nothing.
Semaine 24	5. **Final Output Generation:** (Empty string).	5. **Final Output Generation:** (Empty string/blank line).	5. **Final Output Generation:** (Empty string).	5. **Conclusion:** Since the source content is empty, the output must also	5. **Final Output Generation:** (Empty string).	5. **Conclusion:** The output must be blank.	5. **Final Output Generation:** (Empty string/blank line).

				be empty to adhere to the rule of not adding content.			

Adhésion aux suppléments du mois 6 : Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Autre _____

Mois 6 Séances d'exercice complétées : _____ Sommeil moyen : _____ heures Maladie ou facteurs de stress importants : _____

Mois 6 Plus grande victoire ce mois-ci :

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MOIS 7 — Refonte environnementale

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
Semaine 25	5. **Final Output Generation:** (Empty string)	Preserve ALL structure.	Thinking Process:	Thinking Process:	Thinking Process:	5. **Final Output Generation:** Output the empty string, maintaining the structure.	Thinking Process:
Semaine 26	5. **Conclusion:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.	Thinking Process:	Given the constraint to output ONLY the translated text, and the source being empty, the output must be empty.	5. **Final Output Generation:** (Empty string).	Thinking Process:	Thinking Process:	5. **Final Output Generation:** Output an empty string, maintaining the structure of the input.
Semaine 27	5. **Conclusion:** The output must be nothing.	5. **Final Output Generation:** (Empty string).	Preserve ALL structure.	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.	5. **Final Output Generation:** (Empty string).	Thinking Process:	5. **Final Output Generation:** (Empty output)
Semaine 28	Thinking Process:	5. **Final Output Generation:** (Empty string).	Thinking Process:	5. **Final Output Generation:** (Empty string).	5. **Conclusion:** Since there is no content to translate or process, the output must be empty.	5. **Conclusion:** The correct output is nothing.	Thinking Process:

Adhésion aux suppléments du mois 7 : Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Autre _____

Mois 7 Séances d'exercice complétées : _____ Moyenne de sommeil : _____ heures Tout problème de santé ou facteur de stress important : _____

Mois 7 Plus grande victoire de ce mois :

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MOIS 8 — Refonte environnementale

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
Semaine 29	5. **Conclusion:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.	5. **Final Output Generation:** Empty string.	5. **Final Output Generation:** Output an empty string, adhering to the structure preservation rule.	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.	The user provided an empty input. I must output nothing, as per the instructions to translate the content provided, and there is no content.	5. **Conclusion:** The output must be nothing.
S30	Given the empty input, the only correct output is an empty string.	5. **Conclusion:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.	Thinking Process:	5. **Conclusion:** The output must be nothing.	5. **Conclusion:** The output must be blank.	Thinking Process:	5. **Final Output Generation:** (Empty output).
Semaine 31	5. **Conclusion:** The output must be blank.	5. **Final Output Generation:** Output nothing.	Since the source is empty, the output must also be empty.	5. **Final Output Generation:** Output nothing.	5. **Conclusion:** Since there is no content to translate or process, the output must be empty to adhere to the rule of not adding content.	5. **Conclusion:** The output must be blank.	Since the source is empty, the output must also be empty.
Semaine 32	5. **Conclusion:** Since the input is empty, the output must also	5. **Final Output Generation:** Output nothing.	5. **Final Output Generation:** (Empty string/blank line).	Thinking Process:	5. **Conclusion:** The output must be nothing.	Thinking Process:	5. **Conclusion:** The output must be blank.

	be empty to comply with the rule of not adding content or commentary.						

Adhésion aux suppléments du mois 8 : Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Autre _____

Mois 8 Séances d'exercice complétées : _____ Sommeil moyen : _____ heures Maladie ou facteurs de stress importants : _____

Mois 8 Plus grande victoire de ce mois :

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MOIS 9 — Refonte environnementale

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
Semaine 33	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.	5. **Final Output Generation:** (Empty string).	Thinking Process:	5. **Conclusion:** The output must be nothing.	5. **Conclusion:** The output must be blank.	Thinking Process:	6. **Final Output Generation:** (Empty string).
Semaine 34	Output ONLY the translated text.	Thinking Process:	5. **Conclusion:** The output must be nothing.	5. **Conclusion:** Since the input is empty, the output must also be empty to adhere to the rule of not adding content or commentary.	The user has provided an empty input. I must follow the instructions, which dictate that I should output ONLY the translated text and preserve all structure. Since there is no source content, the output must be empty.	5. **Final Output Generation:** (Empty string)	Thinking Process:
Sem. 35	5. **Final Output Generation:** Outputting a blank response.	Thinking Process:	The user has provided an empty input. I must follow the instructions, which dictate that I should output ONLY the	The user has provided an empty input. I must follow the instructions, which dictate that I should output ONLY the	Since the source is empty, the output must also be empty.	Thinking Process:	5. **Conclusion:** The output must be blank.

			translated text and preserve all structure. Since there is no source content, the output must be empty.	translated text and preserve all structure. Since there is no source content, the output must be empty.			
Sem. 36	Since the source is empty, the output must also be empty.	Thinking Process:	5. **Conclusion:** The output must be blank.	5. **Conclusion:** Since there is no content to translate or process, the output must be empty.	5. **Final Output Generation:** (Empty string).	5. **Conclusion:** The output must be blank.	The user provided an empty input. I must output nothing, as per the instructions to translate the content, and there is no content to translate.

Adhésion aux suppléments du mois 9 : Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Autre _____

Mois 9 Séances d'exercice complétées : _____ Sommeil moyen : _____ heures Maladie ou facteurs de stress importants : _____

Mois 9 Plus grande victoire de ce mois :

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MOIS 10 — Refonte environnementale

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
Sem. 37	Thinking Process:	5. **Conclusion:** The output must be nothing.	Thinking Process:	The user provided an empty input. I must output nothing or handle it according to the rules. Since the rules dictate translating content, and there is no content, I will output nothing.	5. **Conclusion:** The output must be nothing.	5. **Conclusion:** The output must be blank.	5. **Final Output Generation:** (Empty string).
Sem. 38	Since the source is empty, the output must also be empty.	6. **Final Output Generation:** (Empty string).	5. **Final Output Generation:** (Empty string).	5. **Final Output Generation:** Output the empty string, maintaining the structure.	5. **Conclusion:** The output must be blank.	5. **Conclusion:** The output must be blank.	Thinking Process:
Sem. 39	5. **Final Output Generation:** (Empty string/blank line).	5. **Conclusion:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.	5. **Final Output Generation:** (Empty string).	The user has provided an empty input. I must follow the instructions strictly. Since there is no source content, I cannot translate anything, nor can I add any content. I must output nothing, or if the system requires	5. **Conclusion:** The output must be blank.	5. **Conclusion:** The output must be nothing.	5. **Conclusion:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.

				an output, I must assume the instruction is to process the empty input as is. Given the constraints, the safest and most compliant action is to output nothing, as there is no content to translate or structure.			
Semaine 40	5. **Final Output Generation:** (Empty string/blank line).	Since the source is empty, the output must also be empty.	5. **Final Output Generation:** (Empty string).	The user provided an empty input. I must output nothing or handle it according to the constraints. Since the input is empty, and I cannot add content, I will output an empty string.	5. **Conclusion:** The output must be blank.	5. **Conclusion:** Since the input is empty, the output must also be empty to comply with the rule of not adding content or commentary.	5. **Final Output Generation:** (Empty string/blank line).

Adhésion aux suppléments du mois 10 : Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Autre _____

Mois 10 Séances d'exercice complétées : _____ Sommeil moyen : _____ heures Maladie ou facteurs de stress importants : _____

Mois 10 Plus grande victoire de ce mois :

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MOIS 11 — Refonte environnementale

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
Semaine 41	5. **Conclusion:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.	Thinking Process:	5. **Final Output Generation:** (Empty string)	Thinking Process:	6. **Final Output Generation:** (Empty string).	5. **Final Output Generation:** (Empty string/blank line).	5. **Conclusion:** The output must be nothing.
Semaine 42	5. **Conclusion:** The output must be blank.	Thinking Process:	5. **Final Output Generation:** (Empty string).	The user provided an empty input. I must output nothing or handle it according to the rules. Since the input is empty, and there is no content to translate or process, I will output nothing.	5. **Conclusion:** The output must be blank.	The user has provided an empty input. I must follow the instructions strictly. Since there is no source content, I cannot translate anything, nor can I add any content. I must output nothing, or if the system requires an output, I must assume the instruction is to process the empty input as is. Given the constraints, the safest and most compliant action is to output	5. **Final Output Generation:** Output an empty string, adhering to the structure preservation rule.

						nothing, as there is no content to translate or structure.	
Semaine 43	5. **Final Output Generation:** (Empty string/blank line).	Since the input is empty, the output must be empty.	Thinking Process:	5. **Conclusion:** The output must be nothing.	5. **Final Output Generation:** (Empty string).	The user provided an empty input. I must output nothing or handle it based on the constraints. Since the constraints require translating content, and there is no content, I will output nothing, adhering to the rule of outputting ONLY the translated text and not adding any content.	The user has provided an empty input. I must follow the instructions strictly. Since there is no source content, I cannot translate anything, nor can I add any content. I must output nothing, or if the system requires an output, I must assume the instruction is to process the empty input as is. Given the constraints, the safest and most compliant action is to output nothing.
Sem. 44	5. **Final Output Generation:** (Empty string).	5. **Conclusion:** Since there is no content to translate or process, the output must be empty.	Thinking Process:	Thinking Process:	The user has provided an empty input. I must follow the instructions strictly. Since there is no source content, I cannot translate anything, nor can I add any content. I must output nothing, or if the	The user has provided an empty input. I must follow all the rules, but since there is no source content, I cannot generate a translation. I will output nothing, as per the instruction to output ONLY the translated	5. **Conclusion:** The output must be nothing.

					system requires an output, I must assume the instruction is to process the empty input as is. Given the constraints, the safest and most compliant action is to output nothing, as there is no content to translate or structure.	text, and there is no text to translate.	

Adhésion aux suppléments du Mois 11 : Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Autre _____

Mois 11 Séances d'exercice complétées : _____ Sommeil moyen : _____ heures Maladie ou facteurs de stress importants : _____

Mois 11 Plus grande victoire ce mois-ci :

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Mois 12 — Refonte environnementale

Semaine	Humeur	Énergie	Sommeil	Anxiété	Envie	Clarté	Notes
Semaine 45	5. **Final Output Generation:** (Empty string).	Thinking Process:	5. **Final Output Generation:** (Empty string/blank line).	The user has provided an empty input. I must follow all the rules, but since there is no source content, I cannot generate a translation. I will output nothing, as per the instruction to output ONLY the translated text, and there is no text to translate.	Since the source is empty, the output must also be empty.	5. **Conclusion:** The output must be blank.	5. **Conclusion:** The output must be nothing.
Sem. 46	5. **Conclusion:** The output must be blank.	The user provided an empty input. I must output nothing or handle it according to the rules. Since the input is empty, and I cannot add content, I will output nothing.	5. **Final Output Generation:** (Empty string).	The user has provided an empty input. I must follow all the rules, but since there is no source content, I cannot generate a translation. I will output nothing, as per the instruction to output ONLY the translated text, and there is no text to translate.	5. **Final Output Generation:** (Empty string).	5. **Conclusion:** Since there is no content to translate or process, the output must be empty.	Thinking Process:
Semaine 47	The user provided	5. **Conclusi	5. **Conclusi	Thinking Process:	Thinking Process:	5. **Final Output	Thinking Process:

	an empty input. I must output nothing or handle it according to the constraints. Since the constraints require translating content, and there is no content, I will output nothing.	on:** Since the source content is empty, the output must also be empty to adhere to the rule of not adding content.	on:** Since there is no content to translate or process, the output must be empty.			Generation:** (Empty string/blank line).	
Semaine 48	5. **Final Output Generation:** Output an empty string, adhering to the structure preservation rule.	5. **Final Output Generation:** (Empty string).	5. **Final Output Generation:** Output the empty string, maintaining the structure.	6. **Final Output Generation:** (Empty string).	5. **Conclusion:** The output must be nothing.	Output ONLY the translated text,	The user provided an empty input. I must output nothing or handle it according to the constraints. Since the input is empty, and I cannot add content, the safest and most compliant action is to output nothing.

Adhésion aux suppléments du mois 12 : Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Autre _____

Mois 12 Séances d'exercice complétées : _____ Sommeil moyen : _____ heures Toute maladie ou stress important : _____

Mois 12 Plus grande victoire ce mois-ci :

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SYNTHÈSE DE FIN D'ANNÉE

Mesurer	Mois 1	Mois 6	Mois 12	Changer
Humeur moyenne	Thinking Process:	5. **Final Output Generation:** (Empty string).	Thinking Process:	
Énergie moyenne	The user provided an empty input. I must output nothing or handle it according to the rules. Since the rules dictate translating content and preserving structure, and there is no content, I will output nothing.	5. **Final Output Generation:** Empty string.	Thinking Process:	
Sommeil moyen	6. **Final Output Generation:** (Empty string).	5. **Final Output Generation:** (Empty string).	Thinking Process:	
Anxiété moyenne	Thinking Process:	Thinking Process:	Thinking Process:	
Envie moyenne	The user has provided an empty input. I must follow the instructions, which dictate that I should output ONLY the translated text and preserve all structure. Since there is no source content, the output must be empty.	5. **Conclusion:** The output must be nothing.	Thinking Process:	
Clarté moyenne	Thinking Process:	Thinking Process:	Thinking Process:	

Homocystéine (labo)	Thinking Process:	Thinking Process:	Thinking Process:	<10 µmol/L
B12 (lab, si testé)	The user has provided an empty input. I must follow all the rules, but since there is no source content, I cannot generate a translation. I will output nothing, as per the instruction to output ONLY the translated text, and there is no text to translate.	Thinking Process:	Thinking Process:	>400 pg/mL

Qu'est-ce qui a le plus changé cette année ?

Since the source is completely blank, the output must also be blank.

Quels suppléments vous prenez encore (et pourquoi vous les prenez encore) :

Since the source is completely blank, the output must also be blank.

À quoi vous voulez que l'Année 2 ressemble :

CARTE DE PORTEFEUILLET À DÉCOUPER — Imprimer et emporter

Votre Kernel Code encode votre profil neurogénomique. Présentez cette carte à tout nouveau prescripteur, pharmacien ou professionnel des urgences. Il suffit de 30 secondes pour le montrer — et cela peut prévenir une prescription dangereuse.

Recovery Kernel
CARTE DE SÉCURITÉ PHARMACOGÉNÉTIQUE

Kernel Code: _____
Profil: _____
MTHFR: _____ COMT: _____
CYP2D6: _____

Output ONLY the translated text.

⚠ **ÉVITER:** _____
(par exemple, codeine, tramadol, acide folique)

Contact d'urgence : _____
Crise : 3114 — Numéro national de prévention du suicide · Urgence : findahelpline.com/emergency

✂

Recovery Kernel
Médicaments actuels

Output ONLY the translated text.

1. _____ _____mg
2. _____ _____mg
3. _____ _____mg
4. _____ _____mg
5. _____ _____mg
6. _____ _____mg

Suppléments actuels :
Since the source is empty, the output must also be empty.
The user has provided an empty input. I must follow all the rules, but since there is no source content, I cannot provide a translation. I will output nothing, as per the instruction to output ONLY the translated text, and there is no text to translate.

github.com/JRToken-NGI/recovery-kernel